Self-esteem Workbook Questions and Charts & Six Pillars of Self-esteem Workbook

Self-esteem is the immune system of consciousness:

One is worthy of happiness is the essence.
It allows us to feel and live better.
It challenges our goals.
Self-concept is destiny.
We have a well developed sense of personal values.
To love yourself is to love others.
It is the courage to tolerate happiness without self-sabotage.
Self-esteem is a generation of self-fulfilling prophesies.
It is a need that requires our effective functioning.
Poor self-esteem undercuts the capacity for real accomplishment.
We have the right to exist.
The need for self-esteem is not cultural but universal.

The dual pillars of self-esteem are self-efficiency and self-respect. You see yourself as being competent. You feel confidently appropriate to life. Self-efficacy is the basic power of competence. Being proud. Pride is a conscious pleasure, the emotional reward for achievement. Self-esteem expresses itself in the harmony of what one says or does and how one looks and sounds. It is reality oriented. A mind that trusts itself is light on its feet and is willing to admit mistakes. Low self-esteem is manipulated by fear. It inhibits itself and dreads the unknown.

The six pillars of self-esteem are:

1 The practice of living consciously.
2 The practice of self-acceptance.
3 The practice of self-responsibility.
4 The practice of assertiveness
5 The practice of living purposefully.
6 The purpose of personal integrity.

Living consciously:

Seek to be aware.
Awareness involves reflection.
Living consciously implies respect for reality.
It is a mind that is active and receptive to new knonwledge.
It is intelligence that takes in joy.
We notice our impulses to avoid pain.
Our first loyalty is to the truth.
We see and chose to correct mistakes.

Self-acceptance:

Self-esteem is impossible without it.
We listen to feelings.
We have compassion.
When you fight a block it grows stronger.
When you accept a block it melts.

Self-responsibility:

It is essential to self-esteem.
I am responsible for my desires.
I am responsible for my behavior with people.
I am responsible for the promises I keep.
I am responsible for my time.
I am responsible for my personal happiness.
I am responsible for choosing my values.

Self-assertiveness:

Honor wants, needs and values.
Have the willingness to stand up for ourselves.
Live authentically and with integrity.

Living purposefully:

Make a conscious purpose of life.
To live without purpose is to live without chance.
To live productively and formulate goals.
Life with purpose in mind.

Personal integrity:

It is the integration of ideas, conviction, standards and beliefs.
Words and behaviors should match.
We deal with the guilt.
Live in the moment.
It is behavior that generates good self-esteem.

Self-esteem Checklist: Place 1 out of 10

1.	I am a worthwhile person	*
2..	I am as valuable as anyone else	*
3.	I have qualities I need to live well	*
4.	When I look into the mirror I get a pleasant feeling	*
5.	I don't feel like a failure	*
6.	I can laugh at myself	*
7.	I am happy to be me	*
8.	I like myself even if rejected	*
9.	I love and support myself	*
10.	I am satisfied with my development	*
11.	I respect myself	*
12.	I'd rather be me than somebody else	*
13.	I am sad and unhappy	*
14.	I feel discouraged	*
15.	I blame myself for my bad actions	*
16.	I have difficulty making decisions	*
17.	I don't have sleeping problems	*
18.	I have sleeping problems	*
19.	I don't have difficulty with love/sex	*
20.	I am a strong family/friend person	*

Fill in the above chart on a weekly basis.

How often do I feel restricted in daily activities because of difficulties with self-esteem?

How serious is my problem with self-esteem?

Where is my self-esteem lately?

How did my family contribute to my self-esteem?

How have I learned to increase my self-esteem?

What can make me feel inferior as a person

What can make me feel superior as a person?

Agree or disagree with the statement: “When our values as human beings depends on what wee make with our hands and minds, we become victims of the fear tactics of the world.”

Is productivity our way of overcoming self-doubt, poverty, illiteracy, famine, and becoming modern, industrious, and alive?

What in my view does promote a sense of worth and well-being?

Do I think there are handicaps worse than physical ones?

If a person has a handicap, what kind of mind set might keep us from insanity?

Chart #2

List the advantages of self-dislike	**List the disadvantages of self-dislike**

What would be the positive consequences of having a realistic and appreciative opinion of myself?

Unconditional Human Worth

A human being has worth for four reasons:

1. Present endowments
2. Capacities
3. Past contributions
4. Craftsmanship of the body

Recognize and replace self-defeating thoughts:

a An activation event
b There is a belief we tell ourselves
c The consequences are feelings of worthlessness

Why I am not worthless:

When I have something to contribute.
When I have a positive effect and can make a difference.
When I can make a positive difference.
When I can love and be loved.
When I can like and be liked.
When I can express my own opinion.
When I have self-respect.
When I can help someone out.
When I do my best.
When I don't feel worthless.

Automatic Thoughts and Should's:

1. Assuming
   We assume the worst without testing the evidence.
2. Should, muss, and oughts
   Demands we make on ourselves.
   Replace should with could or would.
3. Fairy tale fantasy
   Bad things happen to good people.
   Expecting the world to be different is to invite disappointment.
4. All or nothing thinking
   Hold yourself to the impossible standard of perfection.
5. Overgeneralizing
   Deciding that negative experiences describe your life completely. Use positives.
6. Labelling
   Confine your labels to behaviours and not to people.
7. Dwelling on the negative.
   Try and accentuate the positive.

8. Rejecting the positive
   Dwelling on the negative overlooks the positive aspects of things.
9. Unfavorable comparisons
   Appreciate that each person has unique strengths and weaknesses.
10. Catastrophe
    A worst case scenario
11. Personalizing
    To distinguish influences from causes, look realistically for influences outside yourself.
12. Blaming
    Blaming is the opposite of personalizing. Personalizing puts the responsibility on yourself, blaming puts it on something outside of yourself.
13. Making feeling facts
    Feelings result from our thoughts.

Burn's Depression Checklist: rate 0 - 3 Weekly or Monthly chart.

Sadness
Discouraged
Low self-esteem
Inferiority
Guilt
Indecisive
Frustration
Interested in life
Little or no motivation
Poor self-image
Appetite change
Sleeping change
Loss of libido
Hypochondria
Drink to feel better
Eat to feel better
Suicide

Acknowledge Reality

Skill Building Worksheet:

Event	**Statement**	**Effect**
example: Put downs, negatives	Shut up, you're stupid, Keep up	bad mood, sullen, angry
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Personality Traits Scored Out of 1 - 10

IQ	*
Character	*
Creativity	*
Judgement	*
Kindness	*
Humor	*
Respect	*
Self-regard	*
Potential Improvement	*
Giving	*
Sharing	*
Naiavity	*
Immaturity	*
Maturity	*

What traits do I give myself the most credit for?

What traits do I feel the best about?

What would a portrait of me be to others?

Creating a habit of core affirming thoughts:

Positive skill building activities:

I think well about myself
I accept myself
I am a worthwhile person
I am as valuable as anyone else
I have qualities I need to live well
When I look into the mirror I get a pleasant feeling
I don't feel like a failure
I can laugh at myself
I am happy to be me
I like myself even if rejected
I love and support myself
I am satisfied with my development
I respect myself
I'd rather be me than somebody else

Human Worth:

Each Person is of infinite and equal worth.

The core self is separate from externals. The worth of the core is constant.

People express worth in unique ways but each person at the core is whole.

Learned skills of human worth; replacing the negative, using 'even though' or 'nevertheless', regard your core worth, and create a habit of core affirming thoughts.

What are the basis of unconditional love?

1. Each person has been created to be loved.
2. Each person needs to be loved and accepted.
3. Don't waste time on the love you didn't get or didn't have.

Write down the names of the most cherished friends who make you feel warm, accepted and loved:

Write out a kinder more accurate description of:

Idiot

Zero

Non-contributor

Unlikable

Incompetent

Loser

Common

Racist

Bigot

Unlovable

Write down the people in your life who are or were important to you. Write down what you appreciate about them:

1

2

3

4

5

6

7

8

9

10

My Positive Qualities:
I, to a reasonable degree, have these qualities:

Affectionate
Adventurous
A Cook
Appreciative
Assertive
Author
Can Be a Friend
Cleanliness
Complimentary
Cooperative
Correcting
Counselling
Creative
Caring
Clean
Considerate
Disciplined
Enthusiastic
Expressive
Forgiving
Friendly
Family Oriented
Focus on the Positive
Following
Fun to be With
Gentle
Generous
Handy
Hard Working
Heart Love
Helping
Have Hobbies
Humerus
Industrious
Inner Strength
Intelligent
Interested in Others
Listening
Literate
Learning
Letter Writer
Loving
Likable
Optimistic
Open minded
Organized
Moral
Punctual
Patient
Poet
Polite
Responsive to nature
Sharing
Spontaneous
Social
Story Teller
Talented
Tranquil
Trusting
Upbeat

Identify the people I love the most and why:

The favorite people in whose presence I feel safe and appreciated:

The experiences that made me feel loved and happy:

Traits that I would like to develop:

The moments I felt compassion for someone:

Being Self-critical:

1. I use disrespectful language
2. I fixate on what's wrong with myself.
3. I am intolerant of my weaknesses.
4. I see myself as a problem to be fixed.
5. I ignore my own suffering and pain.
6. I am the only one going through this.
7. I motivate myself with fear and anger.
8. I worry about judgements.
9. I blame myself.

Treating myself with compassion would just sound like I am feeling sorry for myself.

Yes No

Being Positively Self-critical:

1. I use self-encouraging language.
2. I remember what's right about myself.
3. I acknowledge flaws and weaknesses.
4. I focus on being happier.
5. I know that others suffer.
6. I acknowledge pain and suffering.
7. I motivate myself.
8. I don't worry about judgements.
9. I understand how difficult things can be.

Positive Thinking:

If I have a rough day I will:

If I have a disappointing Boss I will:

If I disappoint myself I will:

If I see someone is angry I will think:

If I make a big mistake I will:

If someone criticizes me I will:

Do I think self-esteem is the same as complacency?

What do I like about my own personality?

What would I like to improve?

I sometimes:	But would like to be more:

Growth begins with honest recognition of our core self. There are eight dimensions of our lives:

1. Behavior
2. Affect
3. Sensations
4. Imagery
5. Cognition
6. Moral
7. Interpersonal
8. Drugs/Biology

List of Moral Strengths

A **Behaviour**
- attend events
- help others and friends
- coffee etc. with friends

B **Affect**
- minor optimism
- negative guilt nad shame

C **Sensations**
- enjoy nature, seasons
- enjoy cooking, food, drink

D **Imagery**
- Optimism
- low self-image currently
- 90% good normal dreams

E **Cognition**
- basic good thoughts
- more positive than negative self-talk

F **Moral**
- low morals
- lethargy and complacency

G **Interpersonal**
- good male and female relationships
- family priority
- being social

How would life be different if I only developed the negatives in my life?

What would I do to change or grow? How would I develop areas that are present but weaker?

A Smiling

B Understanding My Anger

C See More Positives in Life

D Focus on Better Self-image

E Reverse Negative Thoughts

F Upgrade my Morals

G Be Assertive, say No More Often.

H Sugar, Junk Food etc.

Where do you feel victimized? Identify unresolved offenses. List offenses and who committed them. Half page answer per topic. Examples to ponder:

Withdrawing love.
Emotional, Physical or sexual abuse.
Unintentional hurts.
Criticism, Impatience, blaming and scolding.
Humiliation and embarrassment
Prejudice
Betrayal
Life's unfairness
God and religion

Experiencing Wholesome Pleasures.
Feeling capable of loving, caring, useful etc.

Event Activity: 1-10	**Jan**	**Feb**	**Mar**	**April**	**May**	**June**	**July**	**Aug**	**Sept**	**Oct**	**Nov**	**Dec**
Being with happy people												
Being with friends												
Planning an activity												
Meeting someone new male												
Meeting someone new female												
Going to a restaurant												
Going to a bar												
Being at celebrations												
Meeting a friend for coffee												
Talking openly and honestly												
Expressing true affection												
Showing interest in others												
Noticing successes												
Dating and courting and mating												
Lively conversations												
Inviting friends over												
Calling up someone												
Calling strangers												
Apologizing												
Smiling at people												
Calmly talking about problems												
Giving compliments												
Teasing and bantering												
Making someone laugh												
Making someone upset												
Playing with children												
Play with adults												
Playing with animals												
A challenging job												
Learning something new												
Advising someone												
Giving to charity												
Driving skilfully												
Expressing myself												
Repairing something												
Solving a problem												
Bike riding												
Thinking												
Going to meetings												
Visiting the ill												
Telling a story												
Writing a letter												
Writing a story or poem												
Journaling												
Improving appearance												

Event Activity: 1-10	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Planning and budgeting												
Being political												
Volunteer work												
Protesting injustice												
Being honest												
Correcting my mistakes												
Correcting others mistakes												
Being moral												
Organizing interactions												
Laughing												
Being peaceful												
Relaxing												
Having a good meal												
Having hobbies												
Listening to music												
Playing music												
Seeing scenery												
Having a good sleep												
Wearing nice clothes												
Having comfortable shoes												
Going to plays												
Going to concerts												
Participating in sports												
Going on vacation												
Going on a trip												
Being outdoors												
Doing artwork												
Reading												
Reading scriptures												
Doing home decor												
Sitting in the sun												
Enjoying the snow												
Visiting a museum												
Boating, camping												
Going to the cottage												
Pleasing family												
Pleasing friends												
Thinking of the future												
Watching TV												
Self-grooming												
Self-pleasure												
Biking												
Watching people												
Taking a nap												
Back rubs, massages												
Having spare time												
Garage sales												

What does Failure mean to me?

What has helped me cope with failure?

Statements That Have Meaning:

Before:

It will be fun to succeed at something.
I see this as a new challenge.
This is a gift not a problem.
I'll appreciate this with curiosity.
I will aim to do a good job.
Success in little steps.
I have the right to decide what is right for me.
If I am not uptight I will be more creative.
My focus is development not mistakes.
It's ok to at least try.
I will relax and consider things.
What will this challenge require of me.
I don't have to be perfect to do well.
I am not afraid to take a risk.
What is the worst that can happen?

During:

Relax and focus.
Take it step by step.
Nothing is perfect and not a catastrophe.
Everyone makes mistakes.
Relax and enjoy the process.
Focus on the process.
Take one step at a time.
Remember to be humorous.

After:

I had a weakness, that was then and this is now.
It's not a signpost for the rest of my life.
I am helpful.
I take responsibility fo my actions.
I did a bad thing, I am not a bad person.
This only revealed a weakness to work on.
I have the courage to love myself but not yet.
I admit that I am this way or have a problem and am dissapointed.
I accept the way I am, sometimes.
Certain things still go Ok.
I will change my course of action.
I can use experiences from the past.
I am teachable and can grow.
I can shape my future.
Past can convert to strength.
I have the right to improve.
I have the right to make mistakes.
This may not pass, but is past.
This will help me to be better.
I have the right to correct my own course.
This is not a failure but efforts toward success.
I will improve next time.
I am fallible like everyone else.
There's always a bright side.
I condemn myself for weakness.
I am not a mistake.
I return to my good patterns.
Things will improve.
It's not the end of the world.
My downfall isn't the end of me.
Noone is a failure until they give up.
Eventually I will improve.
Failure isn't final.

Which of the above ideas have had the most meaning to me?

Which skills do I wish to return to?

What do I need to do right now?

Do I practice what I am doing in my weekly and monthly evaluation lists (from above)?

1. I am a worthwhile person because:

2. I am as valuable as anyone else because:

3. I have qualities I need to feel well because:

4. Looking in the mirror, I have a good feeling because:

5. I don’t feel like a failure because:

6. I can laugh at myself because:

7. I am happy to be me because:

8. I like myself even if rejected because:

9. I love and support myself because:

10. I am satisfied with my development because:

11. I respect myself because:

12. I’d rather be me than anyone else because: